



February 2014

The

Park

Bench

Seniors in the Park Newsletter

VALENTINE'S DAY AND "PATSY CLINE"

Friday, February 14

Lunch: 12:00 noon; Music: 1:00 pm

Karen Wickham, "Patsy Cline Tribute Artist", has been singing since the tender age of nine. She sang for anniversaries, birthday parties, and retirement homes. In 1999, she started to sing a few songs between sets during the Tony Rocker "Elvis" show. Her songs and style are inspired by women like Patsy Cline, the Judds, and Tammy Wynette. The catered lunch will include: Chicken Breast in Marsala Mushroom Sauce or Baked Tilapia in Butter Cream Sauce, potato, vegetable, dinner roll, dessert, and beverage. If you would like wine or a beer with your lunch, you are welcome to bring your own.

Ticket cost: \$10.00

Deadline: Thursday, February 6



Volume XIV Issue 2

WHAT'S INSIDE

2-4, 6. *Classes and Activities*

5 *Support Our Sponsors*

7-8..... *Travel Opportunities*

9-10..... *Calendars*

11 *Support Our Sponsors*

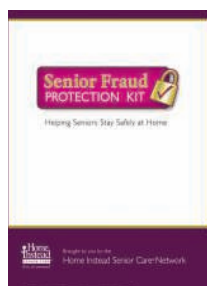
12 *Activities & Services*

13 *Your Senior Center*

14-15..... *FYI & Community*

Back *ADDRESS, Phone Numbers, and Subscription info*

SENIOR FRAUD PROTECTION KIT



Thursday, February 6, 1:00 pm

Join Michelle Kyhn, Home Instead Senior Care, as she explains how this kit can help seniors and family caregivers stay protected. She shows you the latest scams being perpetrated on older adults and offers a variety of resources and tools to help you avoid becoming a victim of these scams. She will have a booklet for each person, and some of the topics included are: Financial Abuse Tactics;

Top Senior Scams; Top 5 Reasons Why Seniors are Targets; and the Impact of Crime on Elderly. You will also receive a series of checklists that you can use to protect yourself. Learn more about whether you or an older adult may be vulnerable to fraud by completing the Criminal Target Scale. This is a free presentation, but you do need to sign up so we have enough kits. Deadline to register: Thursday, January 30

Seniors in the Park Promotes & Enhances a Vital Aging Community

Classes and Activities

REGISTER FOR CLASSES FROM HOME: TUTORIAL

Friday, January 31, 11:00 am
Thursday February 20, 1:30 pm
 Learn how to log on to SchedulesPlus (what you use the scan card for), set up your account, register for classes and trips, log volunteers hours, and much more. You must know your email address and password.
 RSVP deadline: Tues., January 28
or Monday, February 17



GADGET GURU

Thursdays

UW-W students will be available to assist you for an hour, with any of your "gadgets": smart phones, cameras, tablets, e-readers, laptops, or ipods. Call to reserve a day and time, and let us know the brand/model of your gadget and what you need assistance with. More days and times will be added in February.

Time: 1:00 or 2:00

Fee: \$5.00 resident

\$6.25 Non Resident

Deadline: Three days in advance

**Welcoming
Seniors, Boomers
and Adults of all
ages to our
programs and trips.**

AARP TAX ASSISTANCE

Wednesdays, beginning February 12

AARP is offering free tax preparation to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal taxes. Call 262-473-0535 to set up an appointment. Donations for this service are accepted and support programming at Seniors in the Park.

You must bring:

- Photo ID and Social Security Card
- Copy of 2012 tax returns
- Proof of 2013 income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2013 real estate tax bill OR Certificate of Rent form signed by your landlord. 2013 taxes do not have to be paid to file Homestead Credit. **IMPORTANT NOTE:** Preparers will not do returns for people who are married, but file separately, or who become divorced in 2013; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs, and child investment income tax.



WHOLE GRAIN GOODNESS

Wednesday, March 26, 1:00-2:00 pm

There are a lot of products on the shelves labeled "whole-grain," "made with whole grain," "enriched," and "fortified." It is not easy for consumers to make healthy choices when they are not always sure what terms are or what they mean. Join Walworth County UW-Extension Family Living Educator Jenny Wehmeier for a back to basics workshop where you will learn to critically examine labels and packaging of whole grains. You'll also enjoy samples and take home some recipes for dishes with quinoa, bulgur, chia seeds, couscous, and so much more!

Presenter is Jenny Wehmeier, UW Extension

Cost: \$2.00

Deadline to register: March 21



WORLD WAR I: A CENTENNIAL OVERVIEW

Wednesdays, 1:00 pm

January 29: WWI and the Versailles Treaty: Why it Still Matters

February 5: The 1917 Communist Revolution in Russia and the American Response

Presenter: Dr. Richard Haney, Emeritus UW-W

Thanks to UW-W Continuing Education Department for funding the series.

FREEZE FEST & CHILI COOK-OFF

Saturday, February 15

It's a fun event, especially when the weather cooperates. The always exciting and fun-filled Plunge kicks off at noon with the chili cook-off judging at 11:30 in the heated main tent. Polar Plunge coffee/chili mugs (\$10) are on sale! Bring it to the Chili Cook-off for FREE samples of chili. You can also support the plunge by donating \$1 to get your name on a polar bear here at the center. Click [HERE](#) for more information or to donate.



Freezefest Schedule:

In store deals and Chamber Happenings throughout the day

- 9:00 am -11am Kids Craft with Studio 84
- 10:00am- 3:00pm Open Skate at Big Brick Park
- 11am- 1pm. Snow Dogs Presentation at Library
- 11am- 3pm Chili Cook Off
- 11am- 3pm Horse Drawn Wagon Ride through Downtown
- 11am – Noon Games in Cravath
- 11:30 am Chili Judging
- Noon- Opening Ceremony
- 1:00-1:15 Law Enforcement Youth Mission Impossible Event
- 12:30-2:00pm W3 Winter Olympic Games at the top park of Cravath Grass Area

Tentative events:

- Downtown WW Roasting Chestnuts in the Park
- Whitewater Maker Space etching snowflakes



GREETING CARDS

We have a great selection of Valentine's Day, birthday, and everyday cards. Most cards are priced from 50 cents to \$1.50. Stop in and check out our selection.

TYPO, WE GOOFED, HUMAN ERROR !?

Occasionally there may be an error in days, times, registration dates, or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding. **Spot a typo or error and bring it to the office for a treat (the first 5 different errors).**

HAPPY FEBRUARY BIRTHDAY TO:

- 20 Madeleine Isch
- Dan Sable
- 21 Marie Roe
- 22 Gene Lee

If you want to be on our birthday list, let Deb or Susan know your birth month and day and correct spelling of your name, and you can be in the newsletter, too!

All Seniors in the Park activities are held at the Starin Park Community Building, 504 W. Starin Rd, unless stated otherwise.

2013

PILOXING

Wednesdays, 6:15—7:15 pm

Armory Dance Studio

Piloxing uniquely mixes Pilates and boxing moves into a muscle sculpting and fat burning, core centric interval workout. It uses the speed and agility of boxing with the sculpting and flexibility of Pilates, along with some fun dance moves. No prior experience necessary. Please wear light weight, comfortable, fitted clothing, such as yoga pants and barefoot. (clean shoes can be worn)

Sign up online at wwparks.org or pick up a Parks and Recreation brochure and use the form in the back. Forms also available at the Community Building.

Dates: Feb 26—March 19

Class #: 4456.12

Fee: \$15.00 Resident
\$18.75 Non-Res.

Deadline: February 16

PICKLEBALL



Pickle Ball is a fun, social, easy-to-learn game that is a cross between badminton, table tennis, and

tennis. It's is played on a smaller court, with large paddles and a wiffle-like ball. You don't need to be athletic or strong to play. Show up for open play. People are rotated in and out to play and learn.

Where: Downtown Armory gym

Day/Time: Monday, Wednesday, & Friday: 12:30-2:30 pm

Tuesdays: 8:30-10:30 am

**No Pickleball Monday
and Tuesday, February
17 & 18**

LINE DANCE CLASS


February 26—April 2, 2:00—3:00 pm

Downtown Armory Dance Studio

Kick up your heels and have fun with Line Dance Instructor Nancy Wensch. She loves teaching all levels of students and making dancing fun for them.

Class #: 5305.12

Deadline: Thursday, February 20

Cost: \$24.00 residents; \$30.00 non-residents 
(Class must be paid in advance at the Community Building or online at wwparks.org)



ZUMBA GOLD® AND MORE!

Wednesdays, 12:45 pm

Downtown Armory Dance Studio

Zumba is a fun and energizing workout. Get your party on!

Instructor: Lynette Brown

10 class punch card: \$40.00 Res., \$50.00 Non-Res (do not expire) or \$5.00 walk-in pass. Pay in advance at the Starin Park Community Building. There are also several other Zumba® classes through Parks and Recreation, Monday through Thursday evenings and Saturday mornings. Check it out at www.wwparks.org or pick up a Winter/Spring brochure at the park, city hall or ILY Library.

WALK AWAY THE POUNDS—INDOORS

Wednesdays, 10:00 am

Low impact, easy to follow INDOOR walking class. Walk anywhere from 1-4 miles indoors and firm up your midsection with a walking DVD. This class is safe for all ages and fitness levels.

“FUN”CTIONAL FITNESS

Monday and Thursdays, 9:30-10:30 am

Open the door to greater independence and a healthier life with “fun”ctional fitness. Fitness instructors, Mary Zordell and Linda Geske, will lead you through a dynamic routine to promote coordination, balance, strength, and flexibility. Hand weights, tubes, leg weights, and weighted bars are all part of the fun. All levels of ability are welcome. Activities are adapted to individual needs.

Cost: \$1.00 per class or purchase 16-punch card for \$16.00



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BOOK WORMS

Monday, February 3, 10:30 am



The Book Club will discuss *The Beekeepers Apprentice* by Laurie R. King. The book for March is *Beautiful Ruins* by Jess Walter.

The acclaimed, award-winning author of the national bestseller *The Financial Lives of the Poets* returns with his funniest, most romantic, and most purely enjoyable novel yet. Hailed by critics and loved by readers of literary and historical fiction, *Beautiful Ruins* is the story of an almost-love affair that begins on the Italian coast in 1962 and is rekindled in Hollywood fifty years later.



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WATERCOLOR: CREATING A LARGE PAINTING

This four-week watercolor class with Karolyn Alexander Tscharnack will focus on creating a large painting. Topics will include choosing a paper size of ¼ sheet or larger, using the proper tools to create a successful large painting, and how to use a variety of watercolor techniques on larger paintings. Using resists and creating texture will be discussed. Subject matter may include landscape, floral, still life and/or semi-abstraction.

Attendees are always encouraged to paint from personal references, photos or ideas. Each session will include a demonstration and discussion.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz
Dates/Times: Thursdays, February 6-27; 1:00-4:00 pm
Cost: \$40 payable to the instructor by cash or check.
Deadline: Monday, February 3

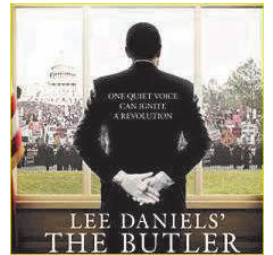


MOVIES: SPONSORED BY MULBERRY GLEN

"The Butler"

Tuesday, February 11, 12:30 pm
Rated PG 13; 2 hr. 12 min.

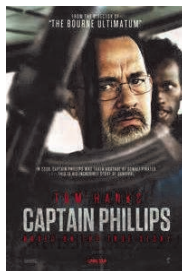
A plantation worker's son becomes a butler in The White House, witnessing history unfolding while making some of his own. An historical epic, inspired by a true story, with Forest Whitaker as the butler, Oprah Winfrey as his wife, and an all-star cast, including Jane Fonda (as Nancy Reagan), John Cusack (Nixon), and Robin Williams (Ike). (2013)



"Captain Phillips"

Tuesday, February 25, 12:30 pm
Rated PG 13; 2 hr. 14 min.

The true story of Capt. Richard Phillips (Tom Hanks), and the 2009 hijacking by Somali pirates of the USS Alabama in the Indian Ocean. This film, Hanks, and Somali actor Barkhad Abdi, were nominated for Golden Globes. (2013)



Thank you to new movie sponsor Mulberry Glen! Movies are shown at the Starin Park Community Building.

Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

VIETNAM AND CAMBODIA

October 5-16, 2014

Arrive in Cambodia, the Kingdom of Wonder. Visit picturesque Ta Prohm, the ancient royal city of Angkor Thom and the Terrace of the Elephants; Banteay Srei, a 10th century Cambodian temple; UNESCO site Angkor Wat known as one of the modern wonders of the world, and conclude your Cambodian stay in Phnom Bakheng, the oldest temple in the Angkor region. Fly to Ho Chi Minh City (Saigon) where you will tour the city, see China Town, the Thein Hau Pagoda, the Ben Thanh Market, and enjoy a traditional Sampan Ride on the Mekong Delta. (Optional tour to the Cu Chi Tunnels available.) A short flight takes you to Hanoi, North Vietnam. Tour Old Hanoi by traditional Cyclo Taxi and, walking the 36th Street District; see a traditional Water Puppet Performance; tour Ba Dinh Square, the One Pillar Pagoda, the Temple of Literature, and the Hoa Lo Prison Museum (Hanoi Hilton). Experience an overnight cruise on Ha Long Bay, considered to be the 8th Natural Wonder of the World and a UNESCO site. Includes all airfares and departure taxes, sightseeing, and first-class accommodations.

\$4195 pp/dbl; \$925 single supplement; \$500 deposit due April 1, 2014.

Cancellation insurance is available



of

TRIP PREVIEWS

**Thursday January 30,
1:00 pm**

Preview the California and Vietnam trips with Betsy Donofrio of Premier World Travel.

**Wednesday, February 26,
1:00 pm**

Preview the Tennessee Rails and Sails Cruise and get a sneak peek at a Rhine River Cruise. Mayflower books an entire ship for their European Cruises! Check it out.

YOUR TRAVEL CAN BENEFIT SENIORS IN THE PARK

Seniors in the Park partners with Collette Vacations and Mayflower Tours. If you book a trip on your own with either company, please mention you are with Seniors in the Park. You may get a small discount, and we get credit toward our fundraising account. A great win-win for all!



TENNESSEE RAILS AND SAILS

Featuring 3 Scenic Rail Excursions and 2 River Cruises

October 13-19, 2014

Highlights include

- *Star of Knoxville* Paddlewheel dinner cruise with country music
- Tennessee Valley Steam Train along Missionary Ridge
- *Southern Belle* Riverboat Narrated Prime Rib Dinner Cruise
- "America's Most Amazing Mile" on the Incline Railway
- Falcon Rest Mansion "Tennessee's Biltmore" with a mystery luncheon
- Tennessee Central Railway Fall Foliage Excursion
- Ride to the observation deck of Knoxville's Sunsphere
- Custom House Museum and Model Train Display
- Two nights at the famous Opryland Hotel (an experience in itself)
- One night at the historic Chattanooga Choo Choo Hotel
- And several more stops

Tour includes 11 meals, home or senior center pickup, professional tour Manager and deluxe motorcoach transportation.

Fees: \$1639 pp/dbl; \$2238 sgl; Cancellation Insurance available for \$60;

Mayflower Tours

LUNCH BUNCH

Thursday, February 13, 10:30 am

Enjoy lunch at The Citrus Café in Janesville. Voted best breakfast spot in Janesville. After getting snowed out last month we are trying it again!

Cost: \$5.00 RSVP by Tuesday, Feb. 11

JANESVILLE SHOPPING



**Wed., February 5,
9:00 am**

Get picked up at your home and shop in Janesville. Participants decide where to shop. Bring a new friend and your ride is free!

Pickups begin at 9:00 pm.

Cost: \$5.00 RSVP by Monday, Feb. 3

CHIP-IN CASINO

April 24-25

More details next month.

UW VARSITY BAND CONCERT

Thursday, April 24

The UW Marching Band is known throughout the country. These talented and energetic students and their leader Mike Leckrone put on the most amazing show. They always engage a nationally known soloist to perform in addition to many traditional songs, their amazing drumline and the ever popular tuba song. More on the theme next month. If you've never been to a UW concert you will be amazed at the high energy show from start to finish in addition to seeing Leckrone making the most incredible entrances. Dinner will be on your own at the Coliseum Bar. A great place to eat along with a history of UW athletics.

Fee: \$31 (includes transportation, parking and ticket to concert)

Deadline: March 20

Departure times: Starin Park 4:25 pm; Fort Pick N Save 4:45 pm

Returning Approx: Fort Pick N Save 11:30; Starin Park 11:45



MILWAUKEE BREWERS

May 2014

We will be attending a Brewers game in May.

They don't have the special Event calendar out yet. Watch next month's newsletter for more information.



FIRESIDE 2014

2014 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves you up to 23% off individual tickets. Eighteen people is the minimum we must have for the trip to go. Invite your friends!

Payable to: The Fort Atkinson Sr. Ctr.

Transportation is on your own.

Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.

Thurs. April 24—Fiddler on the Roof
Deadline March 24

Thurs. June 12—Driving Miss Daisy
Deadline May 8

Thurs. September 25—Les Miserables
Deadline: August 21

PLANNING MOTORCOACH, VAN AND MOTORCYCLE TRIPS

Thursday, February 27 10:00 am—2:00 pm

Friday, March 7 10:00 am—2:00 pm

Bring your ideas or help sort through my pile of wonderful trip ideas. Laptops will be available to search online. We'll decide destinations for 2014 for coach, van and motorcycle trips. Lunch will be provided both days. Everyone's ideas will contribute to a great travel season in 2014 and maybe into 2015.



Activity Calendar

9


February 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 8:45 Core & More 9:30 FUNctional Fit 9:30 Gadget Guru 10:30 Book Club 12:30 Pickleball (A) 12:00 Senior Forum 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta	4 8:30 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead	5 9:00 Bowling (HB) 9:30 Janesville Shop 10:00 Indoor Walking 10:00 Vol. Safety Training 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 WWI Lecture 1:00 Ladies Poker 1:00 Chess	6 8:45 Core & More 9:30 FUNctional Fit 1:00 Scrabble 1:00 Watercolor 1:00 Fraud Protection Deadline to purchase Valentine tickets!	7 12:30 Pickleball (A) 
10 8:45 Core & More 9:30 Gadget Guru 9:30 FUNctional Fit 11:00 SchedulesPlus Online Training 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Massage Therapy	11 8:30 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "The Butler" 1:00 Sheepshead	12 9:00 Bowling (HB) 9—3 AARP taxes 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess	13 8:45 Core & More 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor	14 12:00 Valentine's Day Luncheon and Patsy Cline 12:30 Pickleball (A) 15 Freeze Fest and Chili Cook-off
17 8:45 Core & More 9:30 Gadget Guru 9:30 FUNctional Fit 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta	18 VOTE! 10:00 Scrabble 1:00 Sheepshead 1:30 Vol. Safety Training	19 9:00 Bowling (HB) 9—3 AARP taxes 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess	20 8:45 Core & More 9:30 FUNctional Fit 1:00 Watercolor 1:30 Online Registration Training	21 11:30 Nutrition Site 12:30 Pickleball (A)
24 8:45 Core & More 9:30 FUNctional Fit 9:30 Gadget Guru 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre	25 8:30 Pickleball (A) 10:00 City Bingo 11:00 Blood Pressure by Country Nurses 12:30 Mulberry Glen Movie "Captain Phillips" 1:00 Sheepshead	26 9:00 Bowling (HB) 9—3 AARP taxes 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Trip Preview—Tennessee Rails/Sails & Rhine River 1:00 Chess 2:00 Line Dance (A)	27 8:45 Core & More 9:30 FUNctional Fit 10:00 Trip Planning 1:00 Watercolor	28 12:30 Pickleball (A)
			Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (HB) = Hawk Bowl	



10 Walworth County Nutrition Menu

February 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Pot Roast Carrots Squash Pineapple Tidbits Baking Powder Biscuit	4 Beef Noodle Soup Peas Hot Peaches with Granola Wheat Dinner Roll Tossed Salad	5 Baked Chick. Drumsticks Mashed Potatoes/Gravy Brussels Sprouts Wheat Bread Peanut Butter Cookie	6 Ground Beef and Cabbage Casserole with Rice Green Beans Dinner Roll Fruit Whip Salad	7 Spin. Cheese Bacon Quiche Calif. Mixed Vegetables Red Potatoes Dinner Roll Fruit Jell-O
10 Chopped Steak Baked Potatoes Red Cabbage Mandarin Oranges Wheat Bread	11 Swedish Meatballs Egg Noodles San Fran. Blend Veggies Apricots w/Diced Peaches Wheat Bread	12 Cheesy Potato Bacon Soup Carrots Green Beans Dinner Roll Pumpkin Bars	13 Broc. Chick. Rice Casser. Stewed Tomatoes Cauliflower Wheat Bread Sliced Paers	14 Hot Sliced Pork on Bun Baked Beans Parsley Red Potatoes Snickerdoodle Cookie
17 Shepard's Pie w/Mashed Potatoes Winter Mixed Vegetable Apple Slices Wheat Bread	18 Pork with Dijon Sauce Brown Rice Green Beans/Cauliflower Dinner Roll Tropical Fruit	19 Spaghetti and Meatballs Carrots Wax Beans Garlic Bread Pineapple and Orange Cup	20 Spinach and Cheese Stuffed Chicken Breast Squash and Broccoli Wheat Bread Chocolate Cake	21 Tuscan Chkn Veg. Soup Baked Potato Tossed Salad Wheat Roll M&M Cookie
24 Burg. Tips w/Egg Noodles Garden Blend Vegetables Stewed Tomatoes Wheat Roll Diced Fruit Mix	25 Ground Turkey Chili Peas and Carrots Italian Pasta Salad Cornbread Chunky Applesauce	26 Baked Chick. Thigh/Leg Mashed Potatoes/Gravy Calif. Mixed Veggies Wheat Bread Sliced Peaches	27 Rosemary Pork Loin Sweet Potatoes Pears Wheat Roll Brownie	28 Western Meatloaf Parsley Red Potatoes Green Beans Dinner Roll Sugar Cookie
 <p>Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. To reserve a meal, call 473-0536, 9:30 to noon or 1-800-365-1587, ext 3333. by noon the day prior. Meal can be cancelled day of by 8:00am by calling the 800 number For more information about the Nutrition Program – Home Delivered Meals or Senior Dining, contact the Nutrition Program office at the phone number listed above.</p>				

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Mission Statement
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Contact Mary Isaacs
1281 W Main St., Whitewater
473-9876

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262-473-2259

The **Nasco** Dedicated to Delivery
Catalog Outlet Stores

Senior Citizen Day

The 1st Wednesday of every month is now designated Senior Citizen Day at the Nasco Catalog Outlet and Arts & Crafts Stores!

AS A SENIOR CITIZEN, YOU ARE ELIGIBLE FOR A 15%* STORE DISCOUNT

901 Janesville Ave. • Fort Atkinson
920-568-5600

SERVICES AT A GLANCE

Foot Clinic: Tuesday, February 4,
by Appointments only.

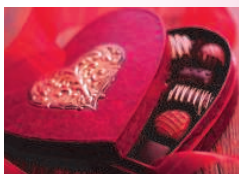
Please bring a towel. \$15.00.

Therapeutic Massage: Monday,
February 10, 1:00 pm. Half-
hour massages for \$25.
Appointments only.

Blood Pressure Screenings:
Tuesday, March 25 25, 11:00 am.
Provided Free by Country Nurses.
This service will be provided every
other month.

Other Services:

- Free computer/internet access
- A document shredder is available (1-inch stack of documents or less to shred)
- There are books, magazines, & puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.



NON-RESIDENT INFORMATION

There is a non-resident fee for all programs for participants who do not reside in the Whitewater Unified School District. This fee will be an additional 25% of the listed program fee.



BINGO

Tuesdays, 10:00 am

Feb. 3: Culver's

Feb. 11: Mulberry Glen

Feb. 25: City Bingo

BINGO SPONSORS

Culver's and Mulberry Glen

CITY BINGO SPONSORS:

Topper's Pizza * Rick's * Bergey Jewelry * Headquarters Salon
Floral Villa * Beijing Buffet * Jimmy Johns * Dale's Bootery *
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Jessica's Restaurant * Taco Bell * Subway * Dalee Water Cond.
Mirage Hair Studio* Dental Perfections* Ketterhagen Ford
Rosa's Pizza * Rocky Rococo Pizza * Pizza Hut * McDonald's
Fort Comm. Credit Union * Eastsider/Westsider *Fairhaven
Randy's * Walworth Co. Nutrition * Binning & Dickens Insurance

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00 pm

Bingo—First, Second, and Fourth Tuesdays at 10:00 am

Book Club—First Monday 10:30; Books available at Starin Park

Bowling—Wednesdays, 9:00 am

Canasta—First, third, and fifth Mondays 1:30 pm

Chess—Wednesdays, 1:00 pm; Beginners welcome

Dominoes—First Tuesday 11:45 am

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; \$1.00 per class

Ladies Poker—First and third Wednesday at 1:00 pm

Potluck—First Tuesday 11:15 am

Pickleball—Monday, Wednesday, and Friday 12:30-2:30 and Tuesday
8:30—10:30 at the Downtown Armory

Scrabble—First Thursday, 1:00 pm; Third Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

Texas Hold 'em Poker—Ladies: First & Third Wednesday 1:00 pm

Walk Away the Pounds—Indoor walking, Wednesdays, 10:00 am

Zumba Gold ®—Wednesdays 12:45 pm, Downtown Armory. \$40.00
punch card or \$5.00 walk-in. Must be paid for at Starin Park.

Register for trips and classes online at home:

schedulesplus.com/wwtr

Learn how on January 31 at 11:00 am or Thursday February 20 at 100 pm.

Please register in advance for the session.

VOLUNTEER SAFETY TRAINING AND APPRECIATION

Wednesday February 5, 10:00-11:00 am

OR Tuesday February 18, 1:30-2:30 pm

Many of our activities and classes take place because of our wonderful volunteers. Thank you all! It's time for training again. There are two opportunities to attend. Whether you lead a class, open a facility or just get out the cards, you are a leader. Safety training is important because staff is not always in the building and you need to know what and when to do it. We will go over safety issues and ideas, how to track your hours on the new login system either at the park or from home and Patti, from Volunteer Connections, will be here to talk about a county wide volunteer group and sign you up, if you are interested. Please sign up at least two days in advance.

Mark your calendar for the Volunteer Appreciation on Friday April 25 at 9:00 am. Details to follow in the next newsletter.



SHARE YOUR TIME AND TALENTS

2014 Accreditation Assistance—Work Groups are being formed to look at different areas of Accreditation and will meet 2-3 times at your convenience. Most groups will tweak what is already in place. Work groups include:

- Purpose and Mission
- Programs and Evaluation
- Advocacy and Partners
- Facility and Safety
- Public Info/PR/Marketing
- Volunteers
- Community Planning
- Policies and Procedures.

You all have talents and knowledge, and I'm hoping you are willing to share yours with us.

Chili Cook-Off—Saturday, February 15. 10:30—12:00 and 12:00—2:30. 2 people per shift. Sell tickets for chili in the heated tent at Freeze Fest. Call to sign up.

Enter a Chili—Interested in making a chili to be sponsored by Seniors in the Park? We'll pay for the fixin's if you'll make and serve it.

Assist with Travel Planning—See page 8.

FORT HEALTHCARE SLIMDOWN CHALLENGE

Whitewater is taking part in Fort Healthcare's Slim-down Challenge! Are you looking to be a healthier and happier you? Participate in this year's Slim-down Challenge to get fit and feel great. Form a team of 4 to 6 coworkers, friends or family members and compete for prizes and good health in the 2014 Slimdown Challenge. There are weekly prizes participants are eligible for. For more information and to register for this free program, visit www.forthhealthcare.com/slimdown. After registration, be sure to check out the weigh-in schedule and locations available. All members must signed up and participate in an official weigh-in before February 7th.



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THANK YOU for Advertising
with Seniors in the Park

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BIG BIRTHDAY BASH

Sharron McCarthy and Dan Sable
have survived 75 and 80 years respectively.

We invite friends and acquaintances
to help celebrate these milestones.

Saturday, March 1, 2014 1:00 - 4:00 pm
at the Starin Park Community Building
Refreshments and snacks will be served

PLEASE NO GIFTS

Unless you want to make a donation to the
Senior Center
or the Whitewater Food Pantry

PLEASE JOIN US!

Sharron and Dan

LET US DO THE COOKING!

Enjoy good food, pleasant company, and a donation of only \$3.00 for the meal. No dishes to do or a kitchen to clean! Those unable to afford the donation are still welcome as the donation is anonymous. Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday—Friday. The Nutrition Program will be at Brookdale on Wednesdays and Fridays, except the third Friday. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587, ext. 3333 and leave your name, phone, and the meal site you would like to attend.

**Cancellations must be called in
no later than 8:00 am the
day of your reservation
or the night before.**

Please call the
Nutrition office at
262-741-3333 and
leave your message.

[Walworth County Nutrition](http://www.walworthcountynutrition.org)

THE LEGACY AND LESSONS OF THE AGE OF LINCOLN

Mondays, 3:00 pm

Fellowship Hall, Fairhaven

Nearly 150 years ago, the United States was in the middle of our bloodiest war. The young country looked to a brilliant Midwesterner, Abraham Lincoln, to lead them through the darkest hours of political and constitutional crises. What lessons have we learned from this time in American collective memory? How have the meanings of freedom changed for Americans since the Civil War and how has Lincoln's legacy shaped American political discourse today? All lectures are open to the public at no charge, and parking is adjacent to the building. Links to videos of lectures, including those from prior series can be found at <http://www.uww.edu/conteduc/fairhaven>

- Feb. 9 The Road to Appomattox and Durham Station
Richard Haney, *Emeritus Professor, History*
- Feb. 10 Equal Protection and Equal Elections:
Enforcing the Civil War Amendments in the
Twenty-First Century
Jolly Emrey, *Assoc. Prof./Chair., Poli. Sci.*
- Feb. 17 Lincoln's Pragmatism: Plotting a Course
Between Abolition and States' Rights
Edward Gimbel, *Assist. Prof., Poli. Sci.*
- Feb. 24 Revisiting "Uncle Tom's Cabin" in the
Twentieth Century
Dana Prodoehl, *Assist. Prof., Languages and
Literatures*

SENIOR FORUM

Monday, February 3, 12:00 pm

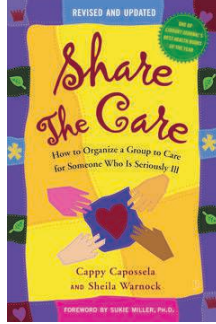
This group is looking at year end financials, potential purchases for 2014, travel and program ideas,

Parks & Recreation:

www.parks.org

SHARE THE CARE

When the challenges of caregiving becomes overwhelming, a caregiver may need help or support. In Walworth County, a new program provides new options for “sharing the care”. Share the Care is a model for establishing a caregiving team based on an already-existing circle of friends, family, neighbors and other community connections such as churches or clubs. Based on the book by the same name, Share the Care provides a road map for how to create and facilitate a team to provide the help and support that makes it possible for a caregiver to continue to provide care for as long as needed. Walworth County recently became a Share the Care Station to provide caregivers in the community with a resource for making the caregiving journey easier. If you are interested in starting a caregiving circle and get coaching on how to plan and coordinate group meetings and care activities, you can contact a Share the Care Station Manager by calling 262-741-3400 or email walcadrc@co.walworth.wi.us. Station Managers do not run or manage the group but can also offer suggestions for local resources that provide service to support the groups’ caregiving efforts.



PARK BENCH TV SHOW

The February Show features W3 and Wellfest with Marcie Pasquesi. The Park Bench airs daily at 7:00 am and select days at 6:00 pm on cable channel 98, digital 990 or online anytime at www.whitewater-wi.gov. Click on the **Multimedia** tab, then **Seniors-Park Bench** and you'll see all the episodes or click [HERE](#).

NEWSLETTER INTERNET LINKS

You will notice several blue underlined words in the newsletter. These are links which will allow those who get the newsletter online to click on a link and go directly to the site!

BAD WEATHER CLOSINGS

In case of inclement weather (Snow that four letter “S” word), program cancellations will be on Whitewater Cable Channel 98, digital 990, or radio stations WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner.

THE CHILLY WILLIES

As temperatures drop and winter approaches, the thermostats in the building are set at a reasonable temperature per City policy. Please bring a sweater or dress in layers so you are comfortable in our building.



WELLFEST

Sunday, March 9, 12 noon-3 pm
Whitewater high School, 534 S. Elizabeth St.

Do you want to be a healthier, happier you? W3

wants that too! Working for Whitewater’s Wellness is hosting its third annual Community Wellfest event where all are invited to take advantage of free activities that exercise your mind, body, and spirit. Activities include fitness classes, like Zumba, yoga and boot camp; healthy eating classes; cooking demos; and fun for the whole family. There is NO cost to attend or participate in this event.

You can stay the whole time, or just drop by for a session or two.

Be active in your community and learn about all the local opportunities that will help you live a more healthful lifestyle.

Everyone will walk away a winner by receiving free giveaways and awesome prizes. More information and program descriptions are available on the W3 website at www.w3wellness.org. If you have any questions about Wellfest or would like to provide a donation, please call 262-472-1305 or email whitewaterwellness@gmail.com.

DON'T LET FINANCES KEEP YOU FROM PARTICIPATING

Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb if you are interested in applying for scholarship funds.

Seniors in the Park

PO Box 178
Whitewater WI 53190



*Accredited by the
Wisconsin Assoc.
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MEMBER:

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National Council on Aging
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SENIORS IN THE PARK



504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Fax 262-473-0537
Nutrition Site 262-473-0536
Hours....Mon-Thurs, 9:00 am-4:00 pm

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Director

Matt Amundson, CPRP

Recreation & Community Events Coordinator

Michelle Dujardin

Sports Coordinator

Abby Schultz

For General City information see the
city website at
www.whitewater-wi.gov.

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name _____

E-Mail _____

Address _____
